

Dublin Senior Center
7600 Amador Valley Blvd.
Dublin, CA 94568
(925) 556-4511



Annual Registration needed but
**Daily Reservations
Not Required**

Open Heart Kitchen (OHK) Senior Meal Program is funded, in part, by the Alameda County Area Agency on Aging.

January 2016 Lunch Menu

Lunch is served
Monday - Friday, 11:30am - 12:30pm
Last seating at 12:15pm

SUGGESTED DONATION: \$3.00
unless otherwise noted

Menu subject to change without notice.



Salad Available Daily:

| | |
|----------------|--------------|
| lettuce | kidney beans |
| spinach*+ | celery |
| bell peppers*+ | olives |
| carrots* | cucumbers |
| beets | mushrooms |
| tomatoes*+ | |

Vitamin A Source * High Salt #
Vitamin C Source + Spicy @

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|---|---|
| Soup of the Day: Chef's Choice | Soup of the Day: Bean | Soup of the Day: Chef's Choice | Soup of the Day: Chef's Choice | Soup of the Day: Chef's Choice |
| | | | | January 1 |
| | | | | Closed for Winter Holiday |
| January 4 | January 5 | January 6 | January 7 | January 8 |
| Marinated Baked Pork Chop, Rice Pilaf, Steamed Spinach, Salad*+, Fruit Cup | Greek Lemon Chicken and Potato Bake, Green Beans, Salad*+, Cookie | Whole Wheat Pasta Carbonara (w/ Broccoli, Ham, Bacon and Peas), Whole Grain Garlic Bread, Salad*+, Orange Slices | Lentil and Coconut Curry Stew over Rice, Cauliflower, Salad*+, Tapioca w/ Fruit | Salsa Chicken, Mexican Rice, Corn w/ Red Bell Peppers, Salad*+, Sliced Peaches |
| January 11 | January 12 | January 13 | January 14 | January 15 |
| Black Bean Chili over Enriched Rice, Cheesy Corn Bread, Herb Roasted Tomatoes, Salad*+, Cookie | Cheeseburger on a Whole Wheat Bun w/ Lettuce and Tomato Slice, Coleslaw, Salad*+, Peach Slices | Herb Roasted Chicken, Red Potatoes, Peas, Salad*+, Jell-O w/ Fruit | Beef Kebab w/ Onion, Red Bell Pepper, and Pineapple Chunks, Ginger Rice, Salad*+, Pear Slices | Apple Glazed Pork Tenderloin, Mushroom Risotto, Seasonal Vegetables, Salad*+, Melon Cup |
| January 18 | January 19 | January 20 | January 21 | January 22 |
| Closed for MLK Holiday | Lemon Pepper Chicken w/ Rice Pilaf, Seasonal Mixed Veggies, Salad*+, Seasonal Fresh Fruit | Asian Beef and Noodles (w/ Green Onion, Cabbage and Carrots), Salad*+, Rice Pudding w/ Bananas | Baked Italian Chicken Dinner (w/ Potatoes and Broccoli), Cheesy Rolls, Salad*+, Sliced Pears | Beef Pot Pie (w/ Mixed Vegetables), Rolls, Salad*+, Berry Pie w/ Ice-Cream |
| January 25 | January 26 | January 27 | January 28 | January 29 |
| Honey Ginger Chicken, Baked Potato, Steamed Seasonal Vegetables, Salad*+, Baked Cinnamon Apples w/ Whipped Cream | Soft Pork Tacos w/Black Beans, Corn, Red Bell Peppers and Onions, Salad*+, Sliced Pears | Roast Beef w/Gravy, Mashed Potatoes, Coined Carrots, Salad*+, Jell-O w/ Fruit | Ham and Cabbage Stew w/ Potatoes and Carrots, Cucumber Salad, Corn Bread, Salad*+, Fruit Cup | Swedish Meatballs w/ Mashed Potatoes, Sautéed Mixed Vegetables, Salad*+, Assorted Cakes |